

# Staying at home survival pack!



Making sense of yourself, in a world that makes no sense!

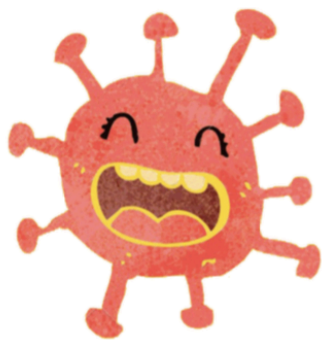
Life has changed. (just for a little  
while, not forever!)

It is difficult not to worry and stress  
about what it all means for your life,  
your family and your friends.

There is a lot of worry,  
uncertainty and  
stress around.

Expressing and learning to  
manage your feelings will help  
this time to be one of resilience  
and hope rather than fear.

Please know you are not alone  
and that people care and  
are here to help.



## My questions about the Coronavirus

(try not to read too much on  
social media – there is a lot of  
panic and incorrect information  
around.)

Share your questions with  
someone who can help you find out  
the correct answers.)

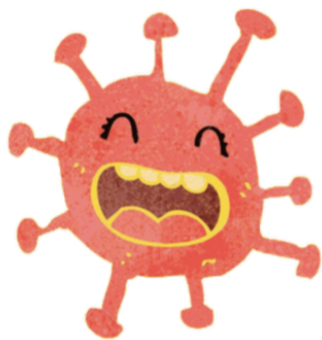
1.

2.

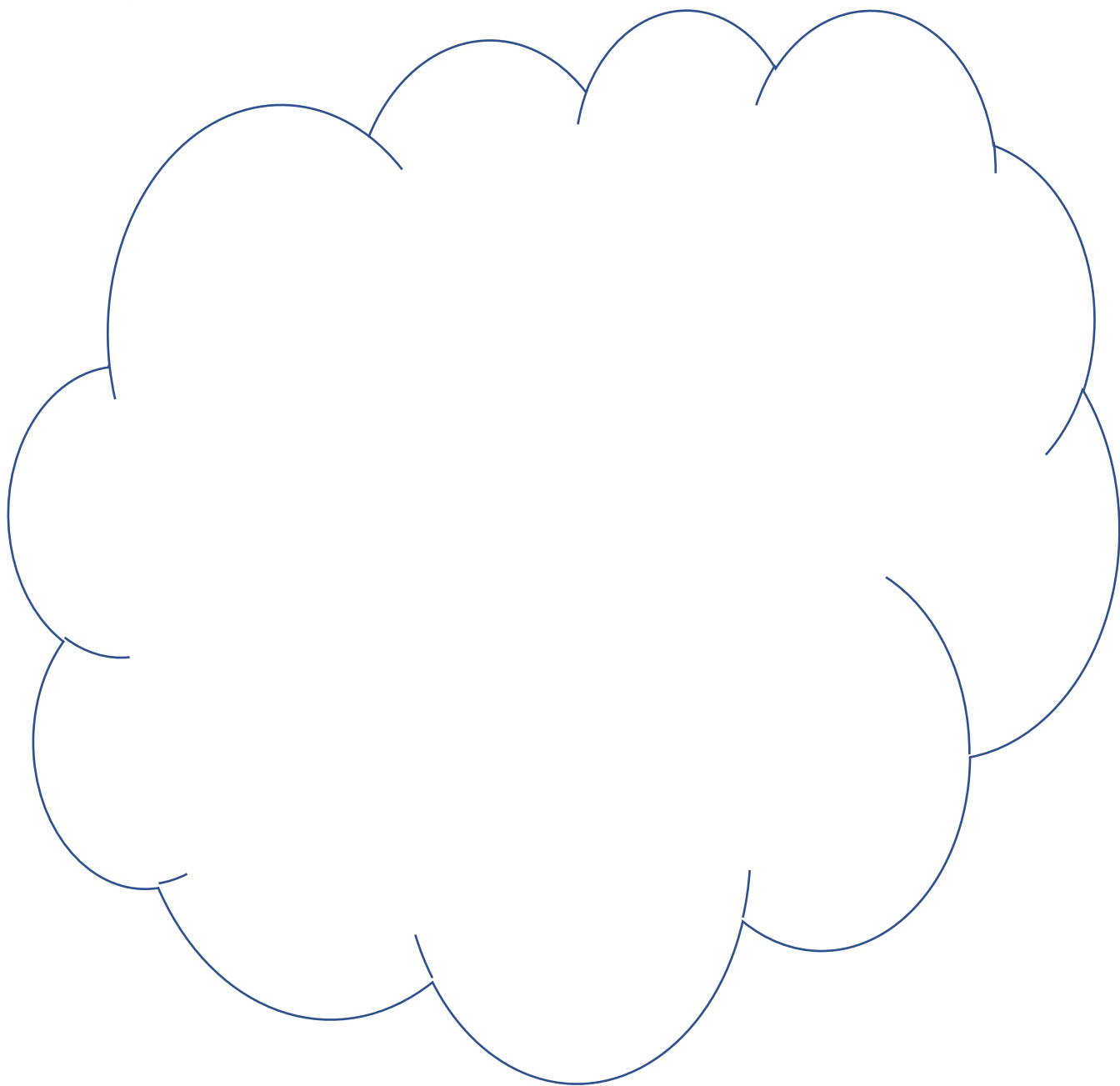
3.

4.

5.



Ways in which MY  
life has changed.



Write down all the ways you can think of  
that your life has changed.



# Label your feelings

Identifying feelings helps us  
manage them better.



Happy



Anxious



Excited



Angry



Confused



Chilled



Frustrated



Shocked



Scared



Guilty



Hurt



Lonely



Amused



Worried



Loved



Stressed



Tired



Sick



Sad

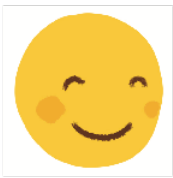


Bored

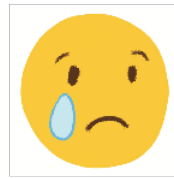
# Emoji Emotions

The word *emoji* combines two Japanese words:  
*e* (picture) and *moji* (character).

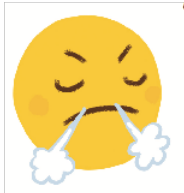
Emojis are commonly used to add expression and emotion to electronic communications.  
Look at the emojis below. In the space provided, write the emotion that you  
see and describe a time when you have felt this emotion.



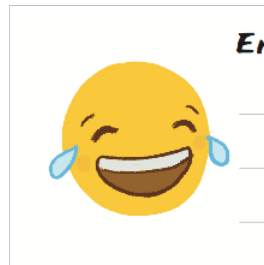
Emotion: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



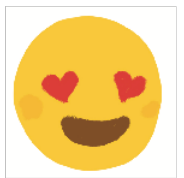
Emotion: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



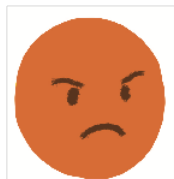
Emotion: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



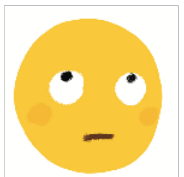
Emotion: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



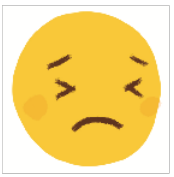
Emotion: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Emotion: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Emotion: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Emotion: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Ideas of things I can do to feel better.



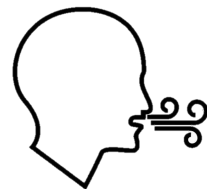
Shower/Bath



Write Down  
Your Feelings



Meditate



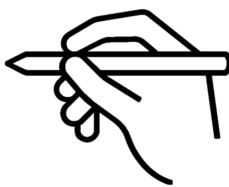
Breathing



Turn off phone for a  
while



Colour In



Draw



Music



Ask for  
Hug



Help  
Someone



Ring / Text a  
Friend



Video Chat



Go for  
Daily Walk



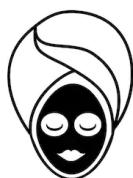
Eat  
Something



Make a  
Cuppa



Gratitude  
List



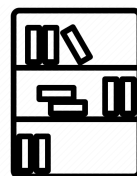
Pamper



Film



Exercise



Tidy Room

One of **THE BEST** things you can do to feel calm and settled is to take a couple of minutes out to do some deep breathing.

You might feel daft at first, but, give it a go.

With practice, you will be an expert in being able to feel better wherever you are and whatever you're doing.

## 6 Steps to Deep Breathing



**1. Sit or lie down comfortably.**



**2. Close your eyes. Place one hand on your chest and the other on your stomach.**



**3. Breathe in deeply and slowly through your nose. Count to five.**



**4. Feel your stomach rise against your hand.**



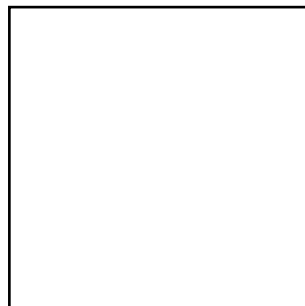
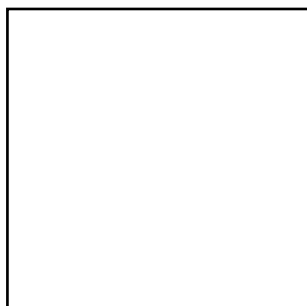
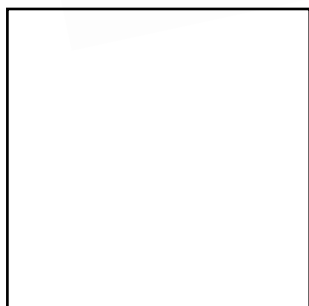
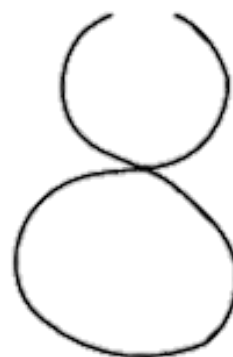
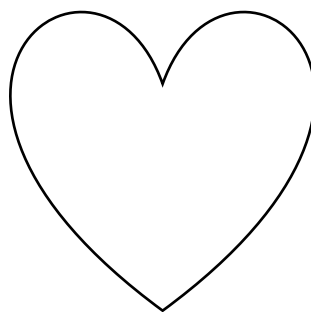
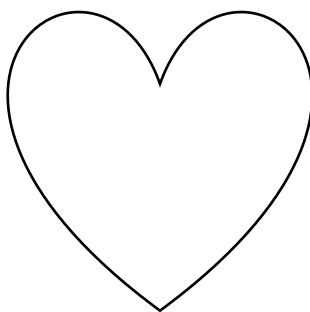
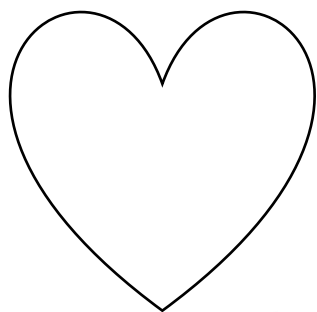
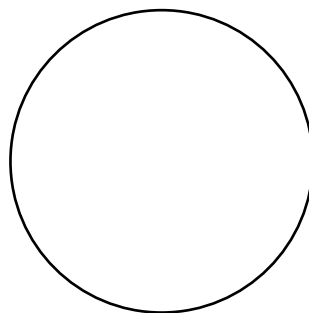
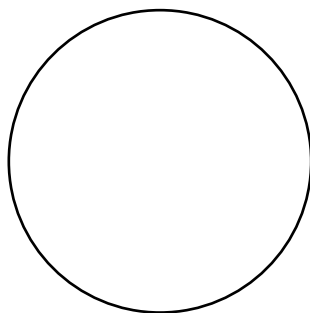
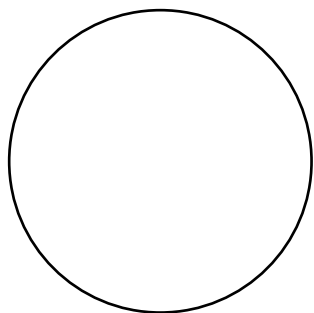
**5. Breathe out slowly through your mouth.**



**6. Repeat Steps 1-5, complete five times.**

# Mindful Doodle Page

Make these shapes come to life



Highlight the positives about yourself.  
Give someone else a highlighter and ask  
them to highlight your positives.

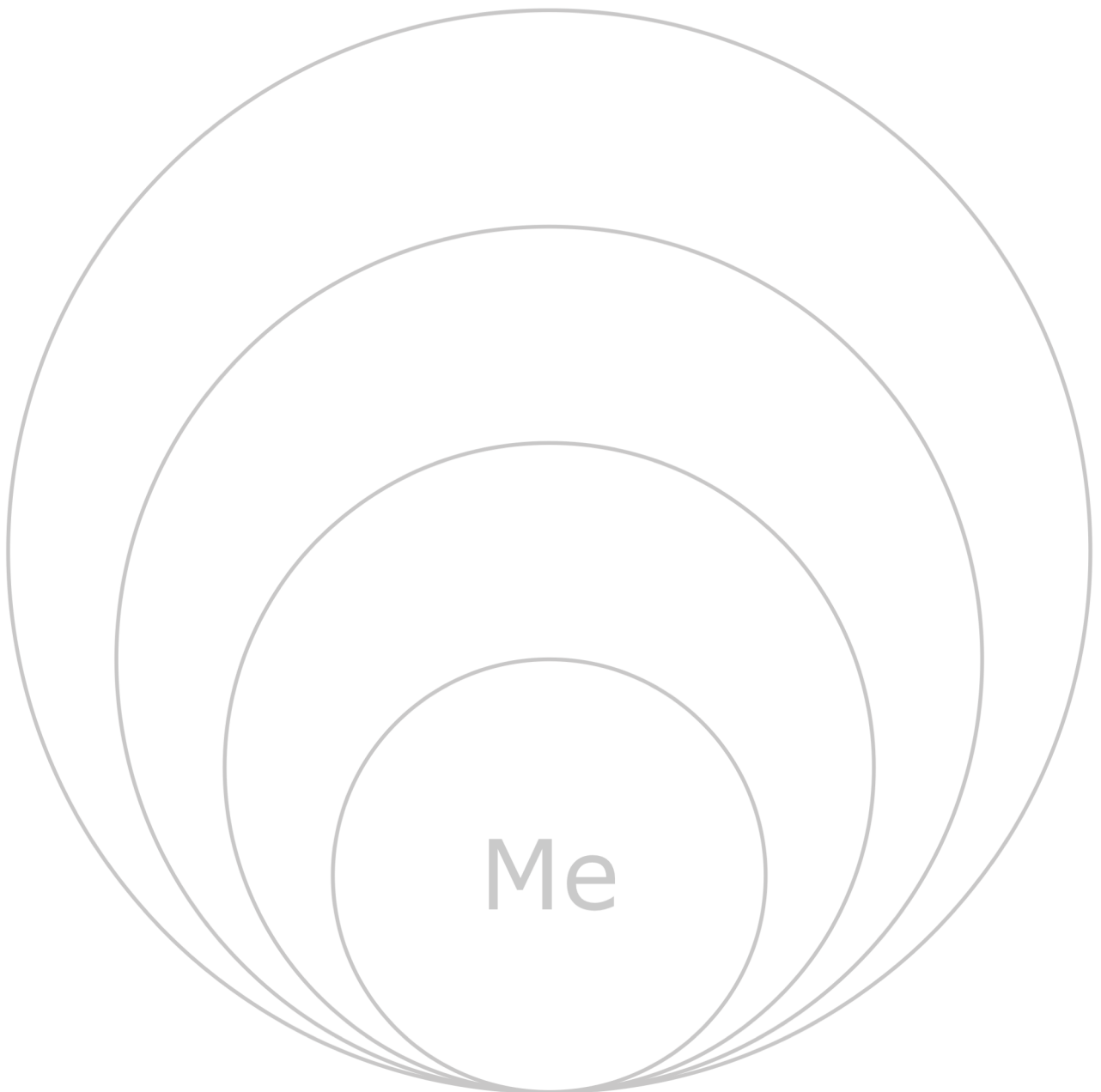
Active	Creative	Happy
Admirable	Curious	Hardworking
Adventurous	Dedicated	Helpful
Agreeable	Innocent	Honest
Amusing	Intelligent	Hopeful
Appreciative	Inventive	Optimistic
Athletic	Joyful	Organised
Authentic	Kind	Passionate
Brave	Lively	Patient
Bright	Laidback	Peaceful
Brilliant	Loving	Playful
Calm	Loyal	Polite
Capable	Nice	Reliable
Caring	Enthusiastic	Respectful
Charming	Ethical	Responsible
Cheerful	Exciting	Self-disciplined
Clean	Extraordinary	Selfless
Clear-headed	Fair	Sincere
Clever	Focused	Skilful
Compassionate	Forgiving	Strong
Confident	Friendly	Sweet
Considerate	Generous	Thoughtful
Cooperative	Gentle	Trustworthy
Courageous	Good-natured	Understanding
Courteous	Grateful	Unselfish
		Wise

Do you agree?

# My Circle of Support

You might feel lonely being stuck inside.

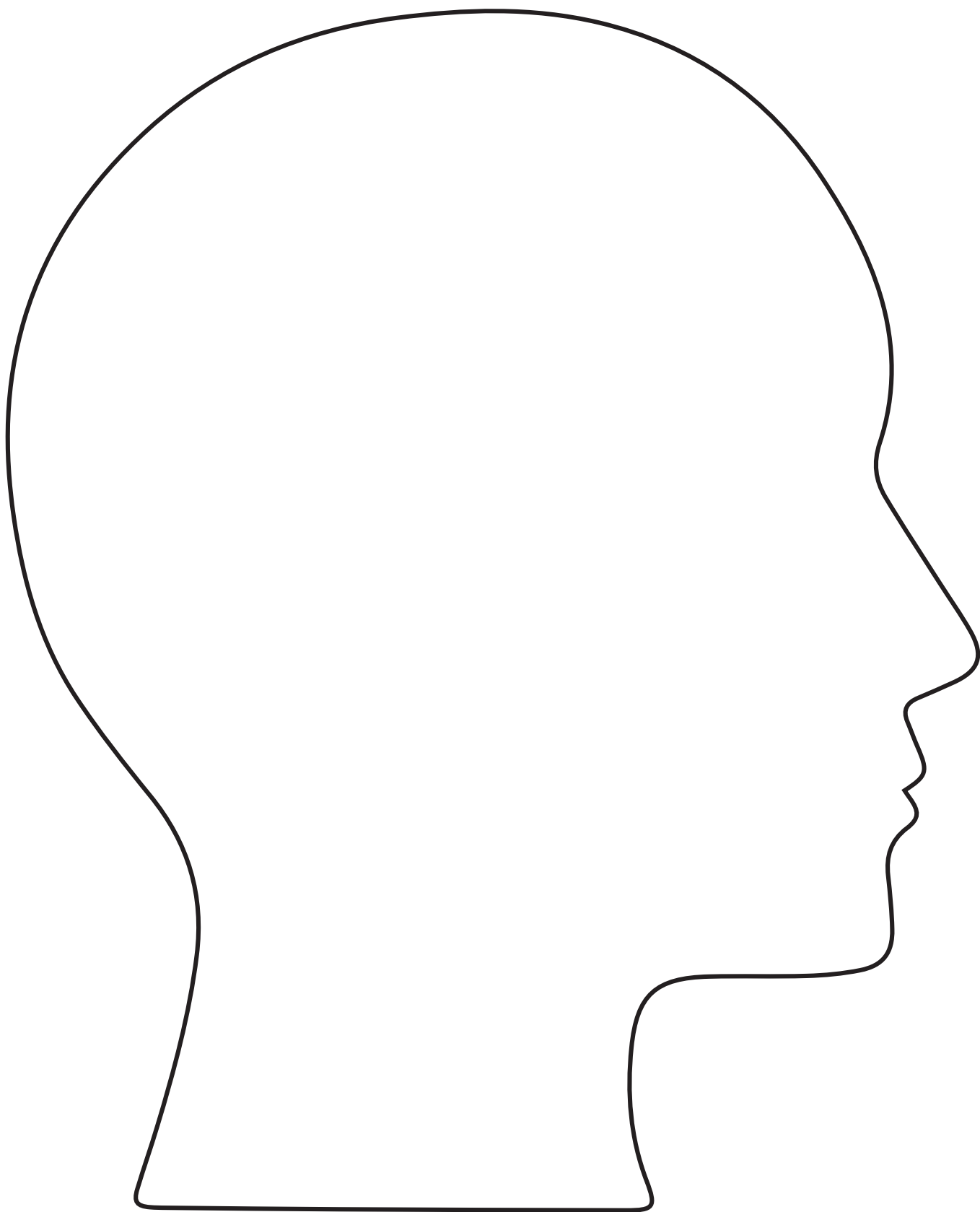
Think about who is in your circle – friends, family and other people that care about you.



Write down every little thing on your mind.

Circle the positive thoughts.

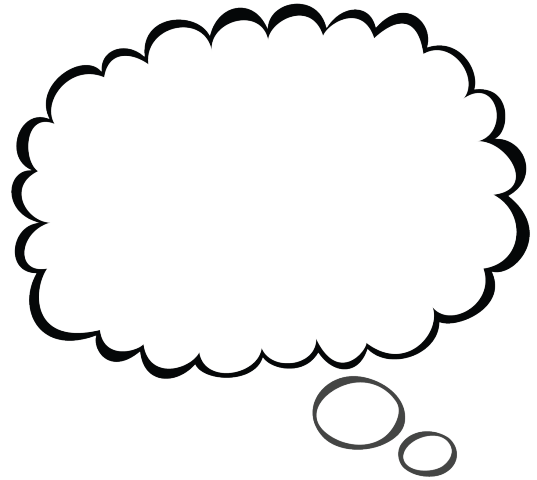
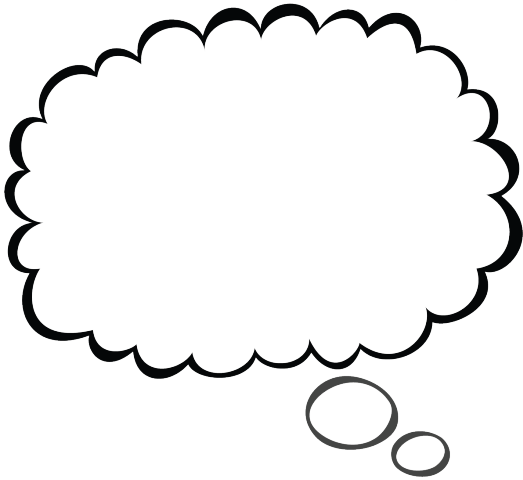
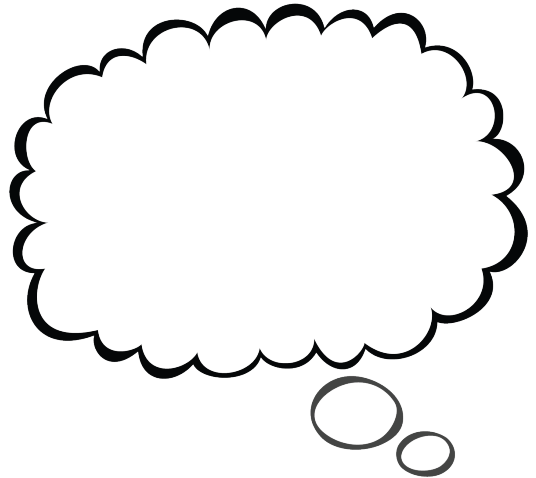
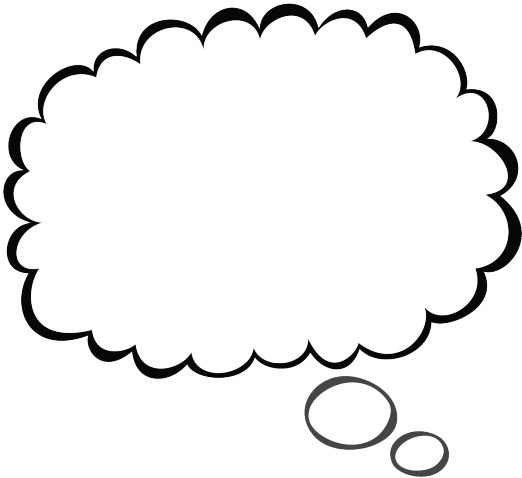
Cross Out the things you can't control.





# Thought Processor!

Thoughts are constantly popping up in our heads. Just because we think something, doesn't make it true. Write your thoughts down and rate how much you think it is true.



# Dump your unhelpful thoughts!

Fill the bin with the thoughts you'd like to get rid of.

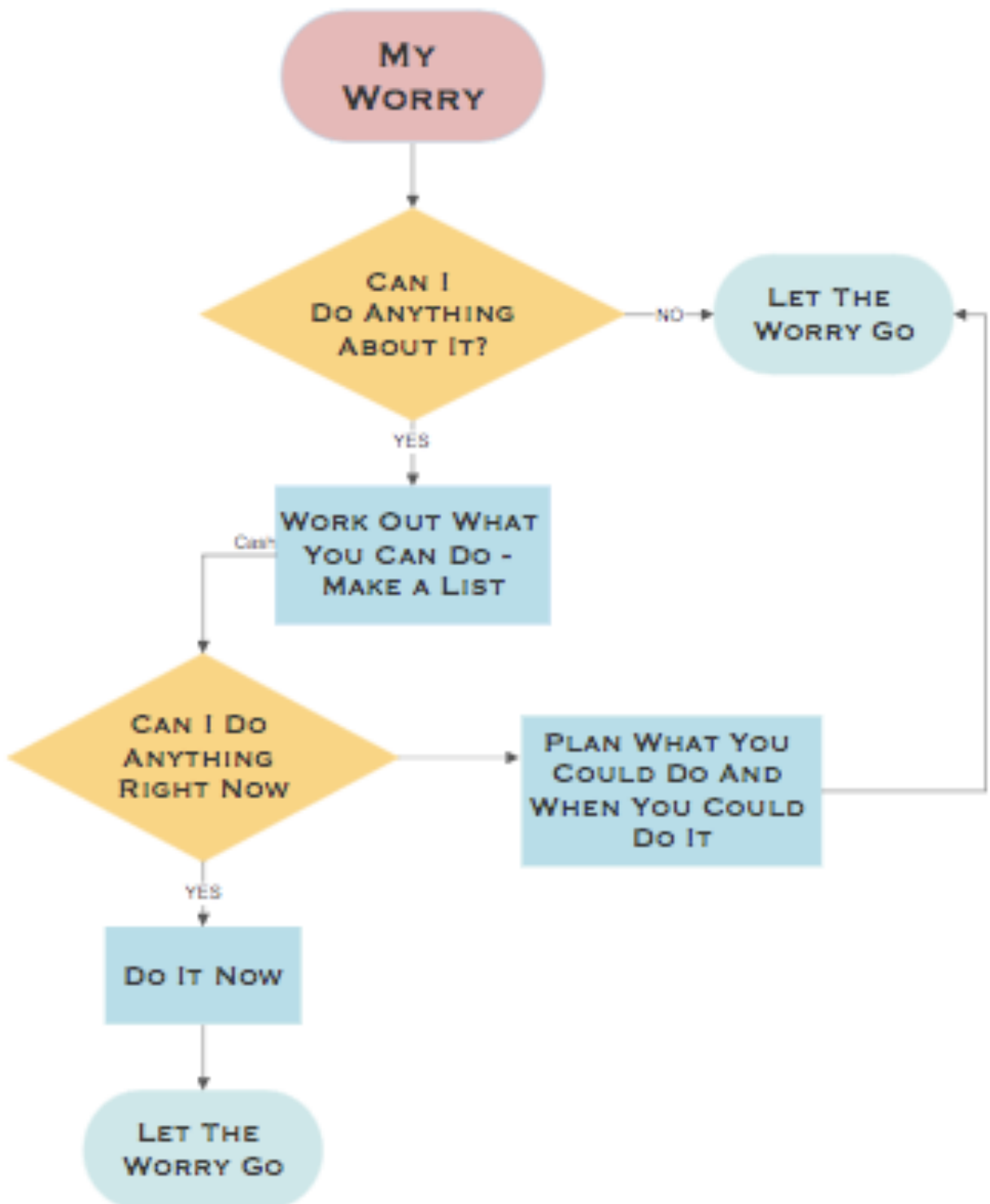
When they are all out – rip it up, scrumple it,  
stamp on it and throw them away!



# Worry Manager!

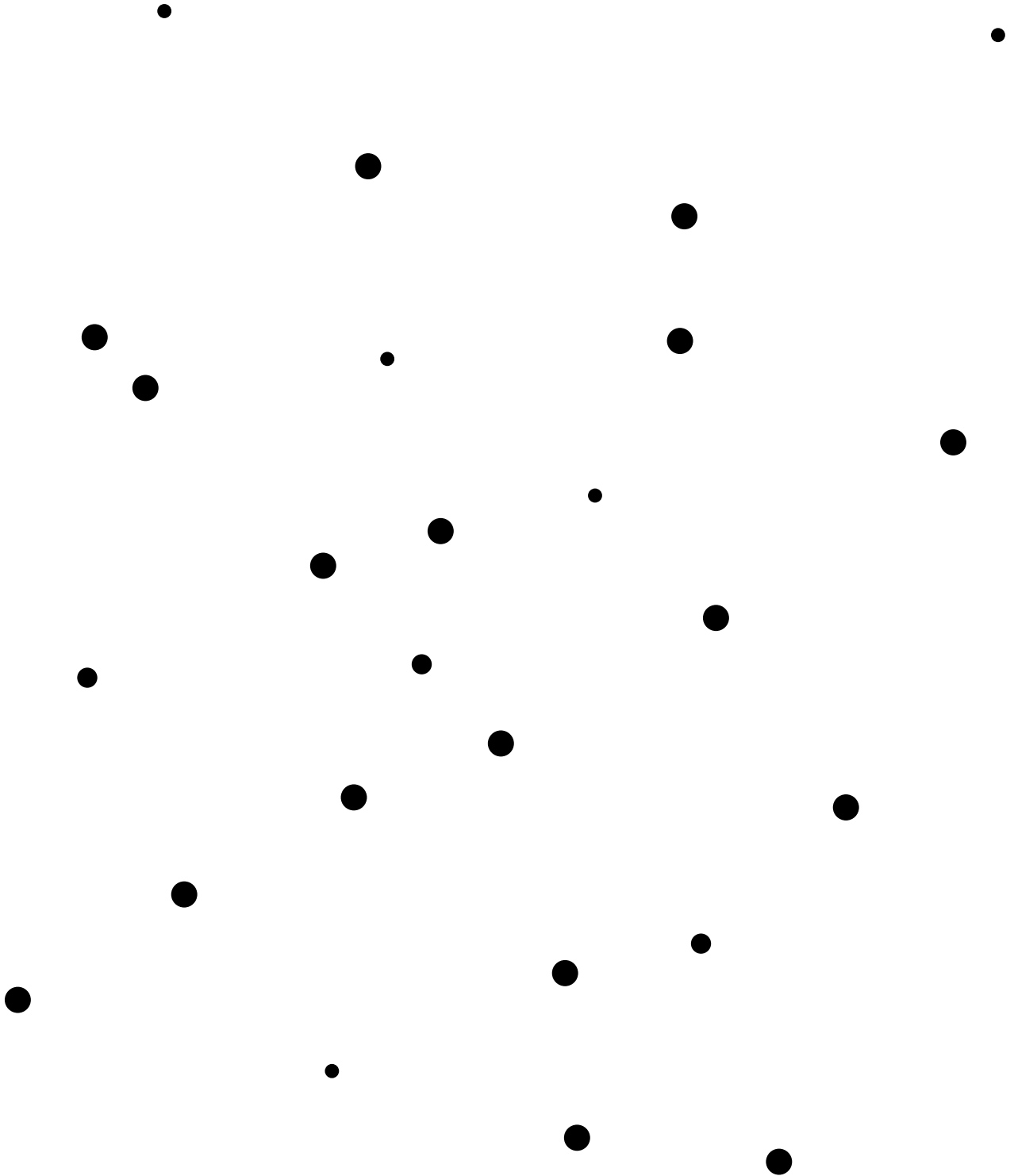
It is very normal to worry – but when we worry too much or worry a lot about things that we can't do anything about it can make us feel really bad.

Manage your worries below.

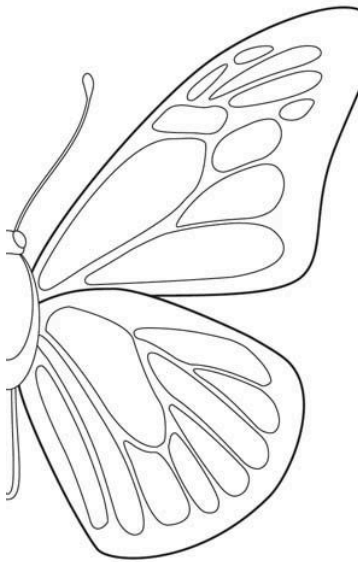


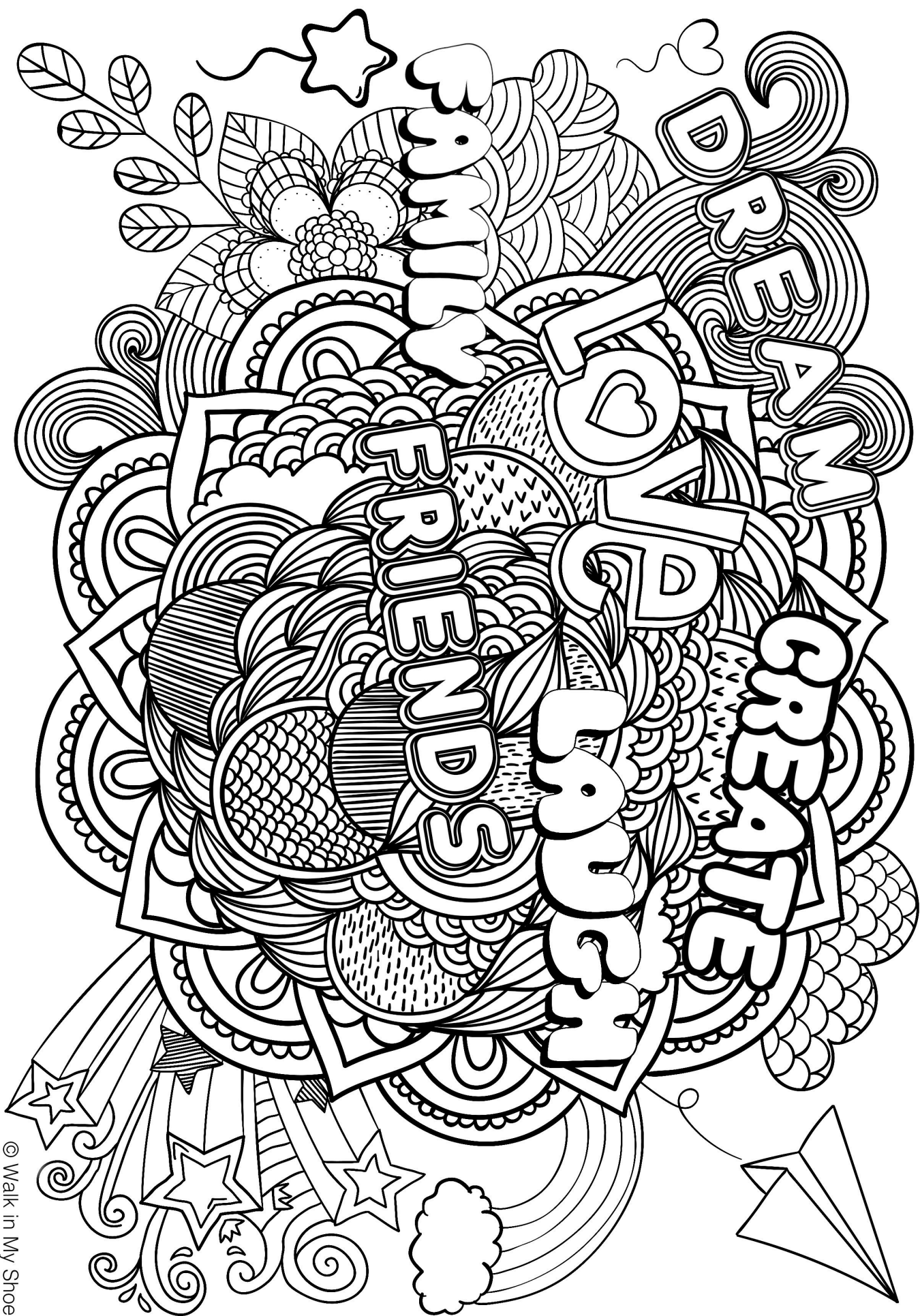
# Connect the Dots!

In any order, see if you can create something you recognise.



# Finish the Drawing!







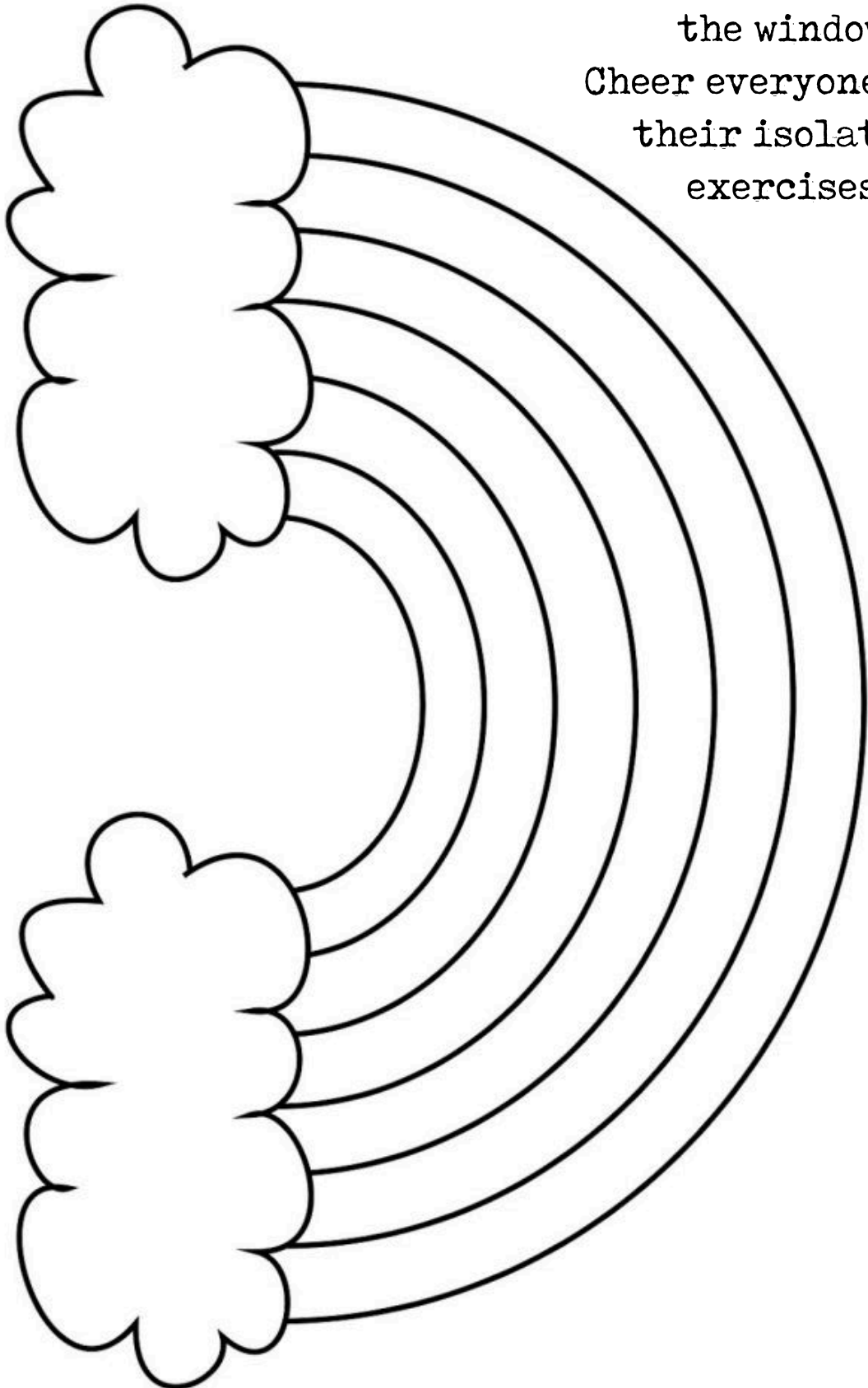
Write your name with the pen in your mouth.

Write your name with your other hand.

Write your name with your foot.

Write your name upside down.

Not just for little ones!  
Colour in the rainbow,  
cut it out and put it in  
the window.  
Cheer everyone up on  
their isolation  
exercises!

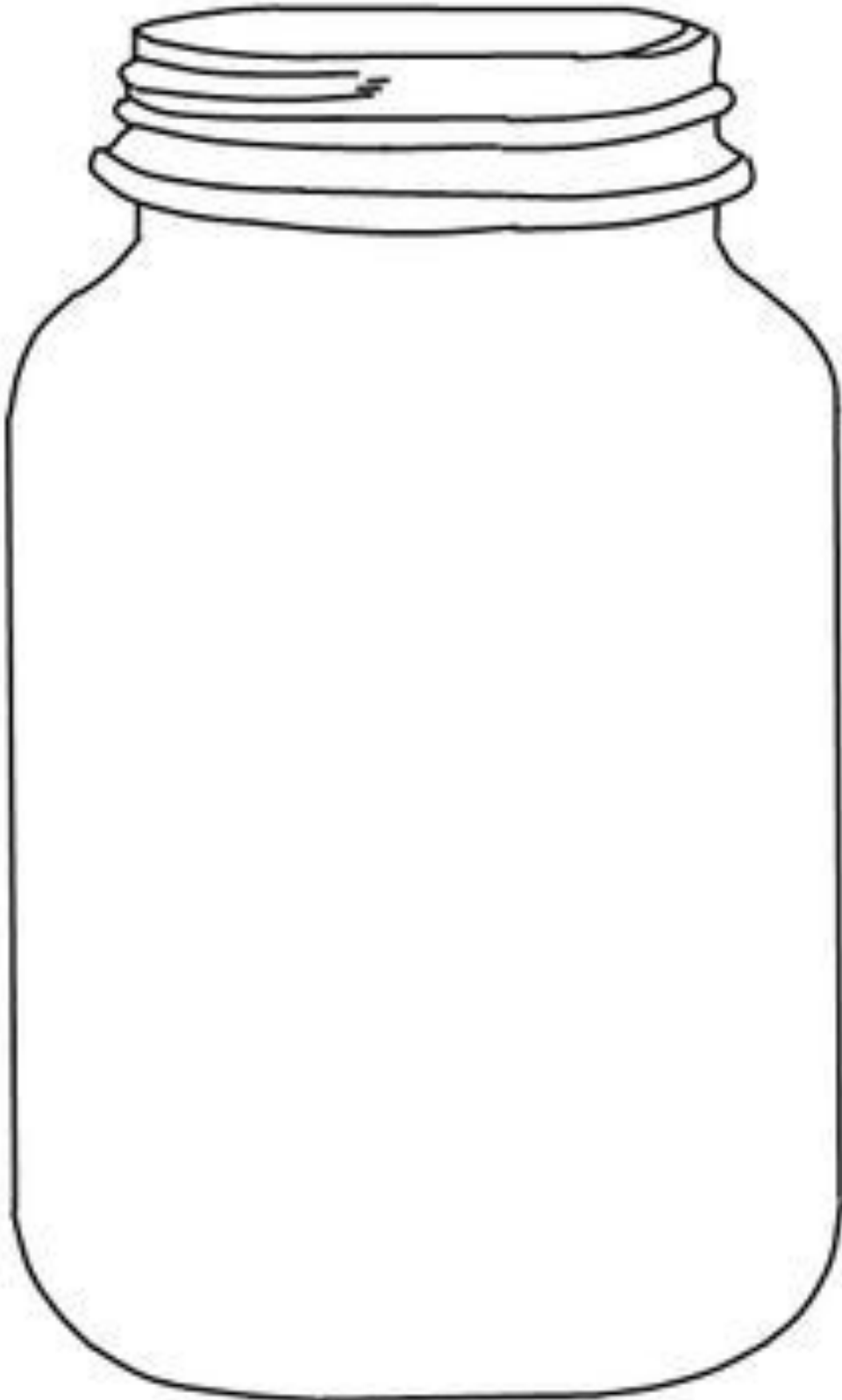




# Gratitude Jar

Every day write down something that  
you are grateful for.

Fill it up!



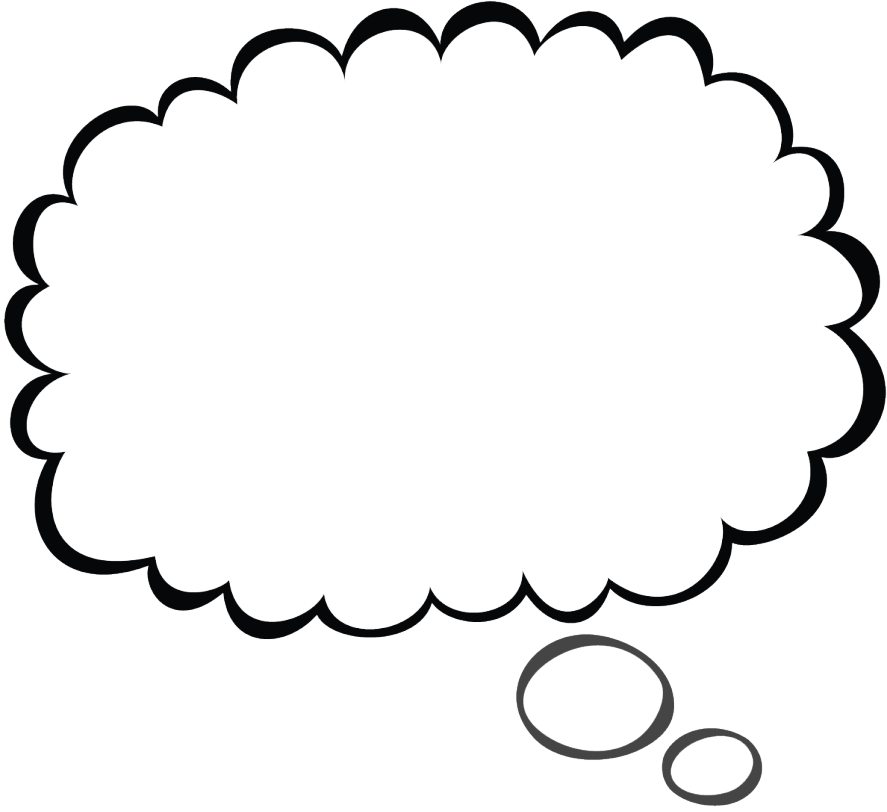
# Learn to be present!

Being present means to pay  
attention to the moment.  
Forgetting the past and the future.

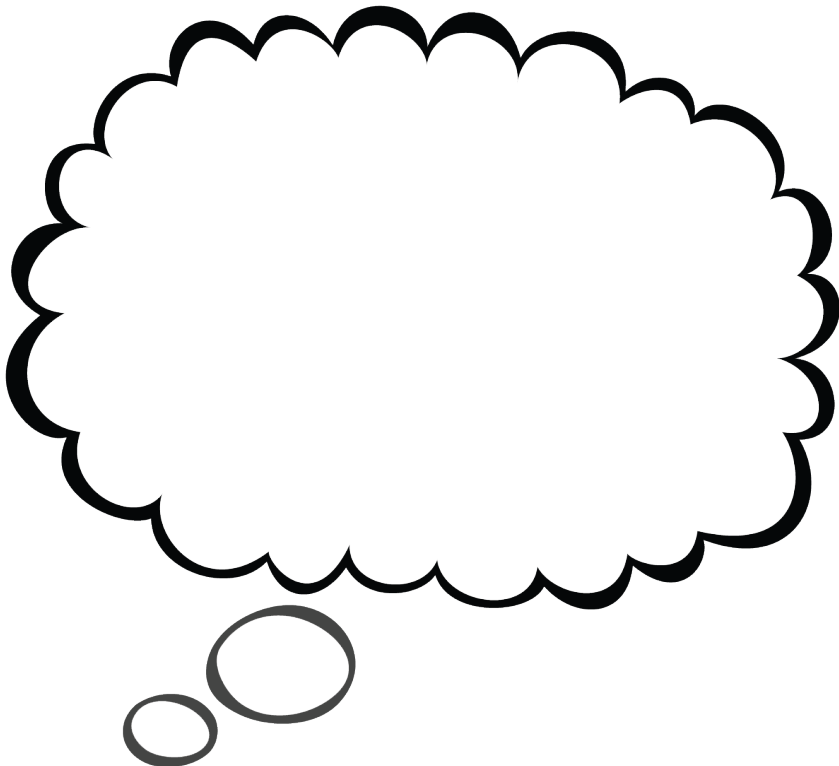
Sit quietly and pay attention to  
what is going on right now.

1. Right now I see ...
2. Right now I am touching ...
3. Right now I hear ...
4. Right now I smell ....
5. Right now I feel...

What I love about being at home.



What I miss about being at school.



# Status Update

Listening to:

Watching:

Thinking about:

Wish I was with:

Dreaming about:

Wearing:

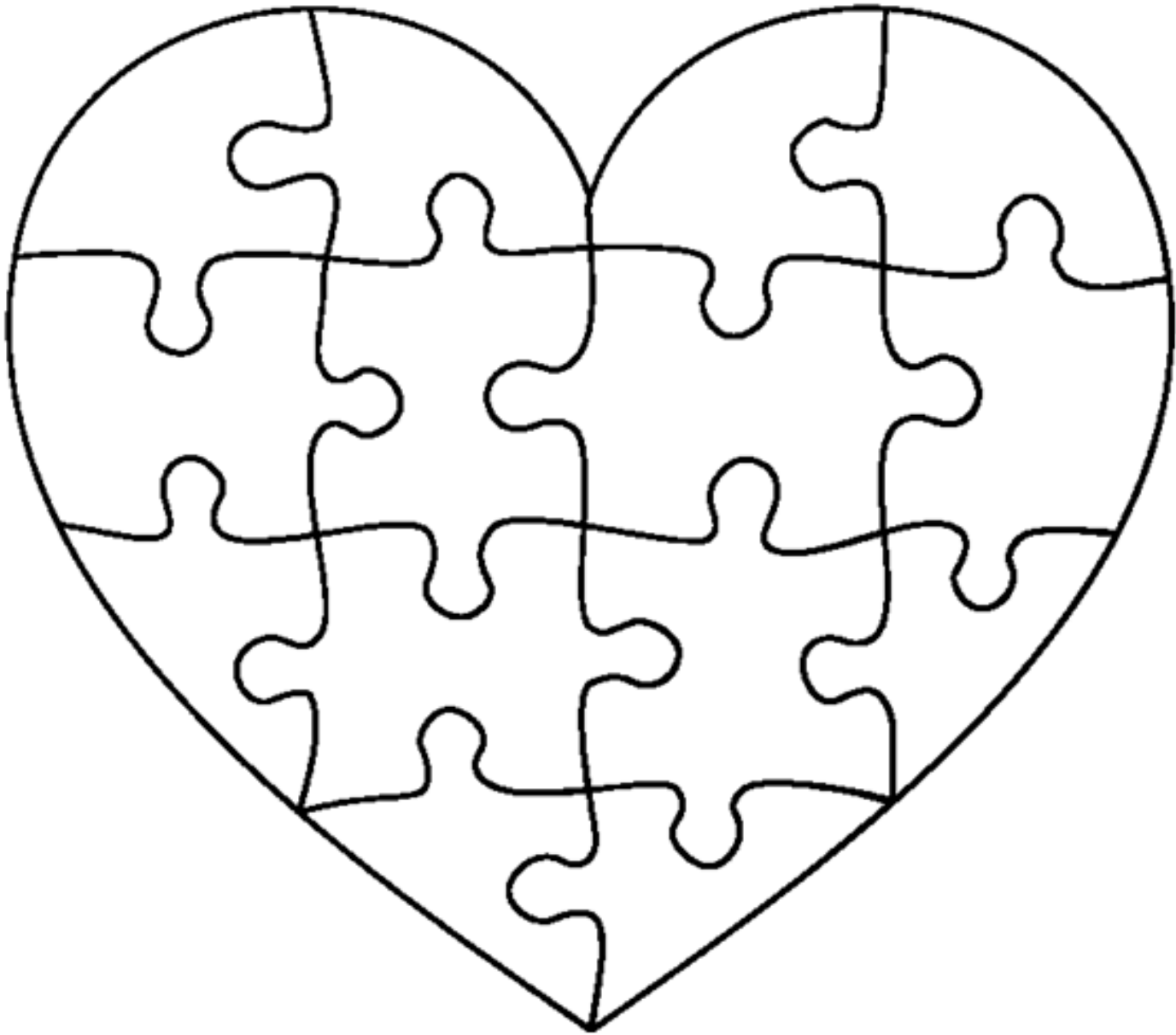
Feeling:

Eating:

Drinking:

Location:

My heart is made of...



Things I will not take for granted  
when I can do them again!

Write down all of the things you are looking forward to doing again!

# Things that make me anxious.

0	1	2	3	4	5	6	7	8	9	10
CALM		A LITTLE ANXIOUS			ANXIOUS			EXTREMELY ANXIOUS!		

READ EACH OF THE ITEMS AND RANK FROM 1-10 HOW ANXIOUS EACH TRIGGER MAKES YOU!

- \_\_\_\_\_ Conflict or drama in my family, friendships, or relationships
- \_\_\_\_\_ Being in a large crowd of people
- \_\_\_\_\_ Meeting someone new or going to someplace I haven't been before
- \_\_\_\_\_ Having to confront or approach someone
- \_\_\_\_\_ Trying to make other people happy
- \_\_\_\_\_ Having too much to get done
- \_\_\_\_\_ Making plans with other people
- \_\_\_\_\_ Being away from my parent/guardian or family members
- \_\_\_\_\_ Performing or presenting in front of others
- \_\_\_\_\_ Any kind of sudden change
- \_\_\_\_\_ Having too much time to think
- \_\_\_\_\_ Not knowing what will happen in the future
- \_\_\_\_\_ Grades or stress from schoolwork
- \_\_\_\_\_ Being away from home/family/loved ones
- \_\_\_\_\_ When I or my loved ones travel
- \_\_\_\_\_ Going anywhere or doing certain things by myself
- \_\_\_\_\_ Loud noises or raised voices
- \_\_\_\_\_ Being around certain people
- \_\_\_\_\_ Being in tight spaces or being in wide open spaces
- \_\_\_\_\_ Negative thinking
- \_\_\_\_\_ Getting criticized for something I did wrong
- \_\_\_\_\_ Having conversations
- \_\_\_\_\_ Being unprepared



**WHAT ARE SOME  
OTHER THINGS  
THAT MIGHT  
TRIGGER YOUR  
ANXIETY?**



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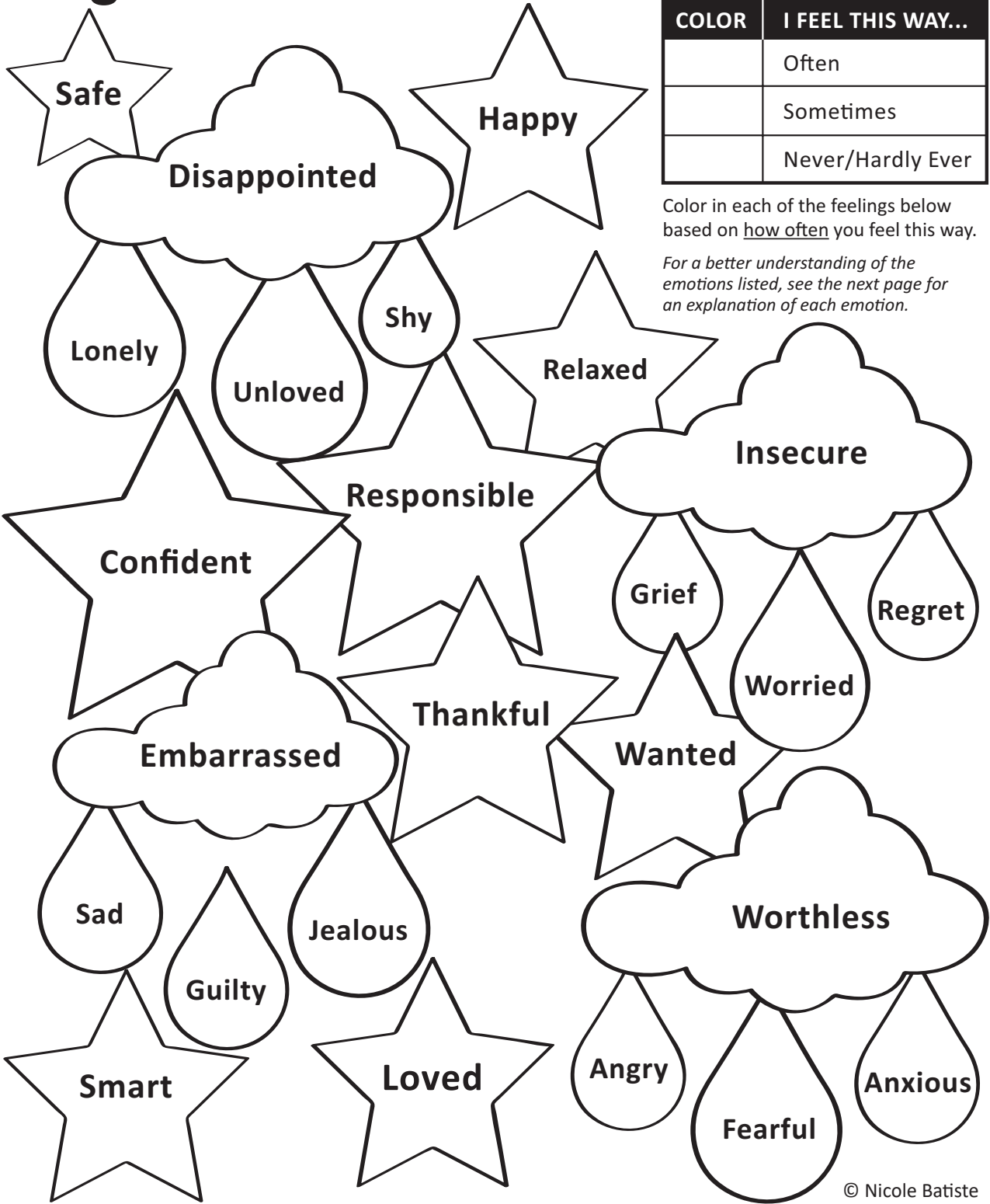
# My FEELINGS

Choose 3 colors to represent: **Often**, **Sometimes**, and **Never/Hardly Ever** and color in the key below.

COLOR	I FEEL THIS WAY...
	Often
	Sometimes
	Never/Hardly Ever

Color in each of the feelings below based on how often you feel this way.

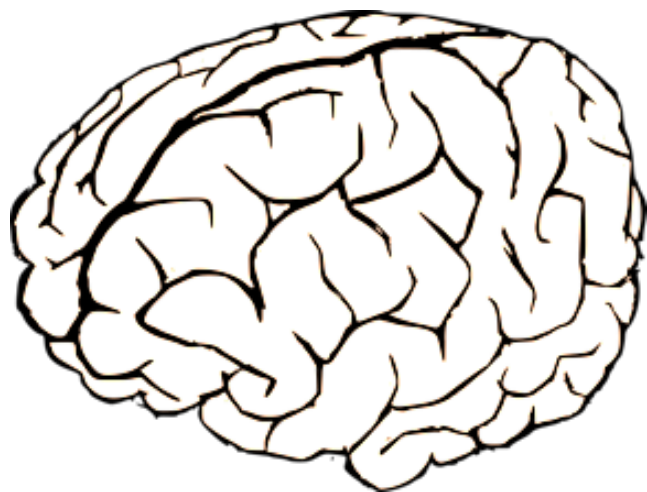
*For a better understanding of the emotions listed, see the next page for an explanation of each emotion.*





Are your thoughts helping or hurting you?

*What's on your mind?*



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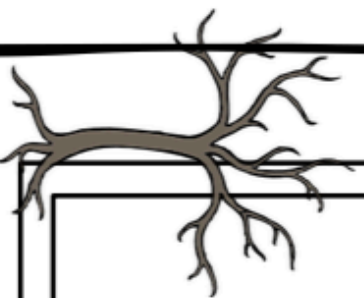
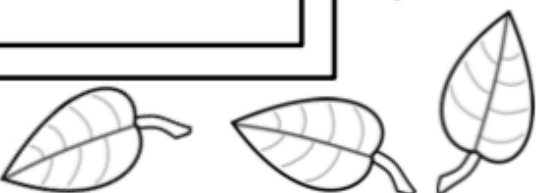
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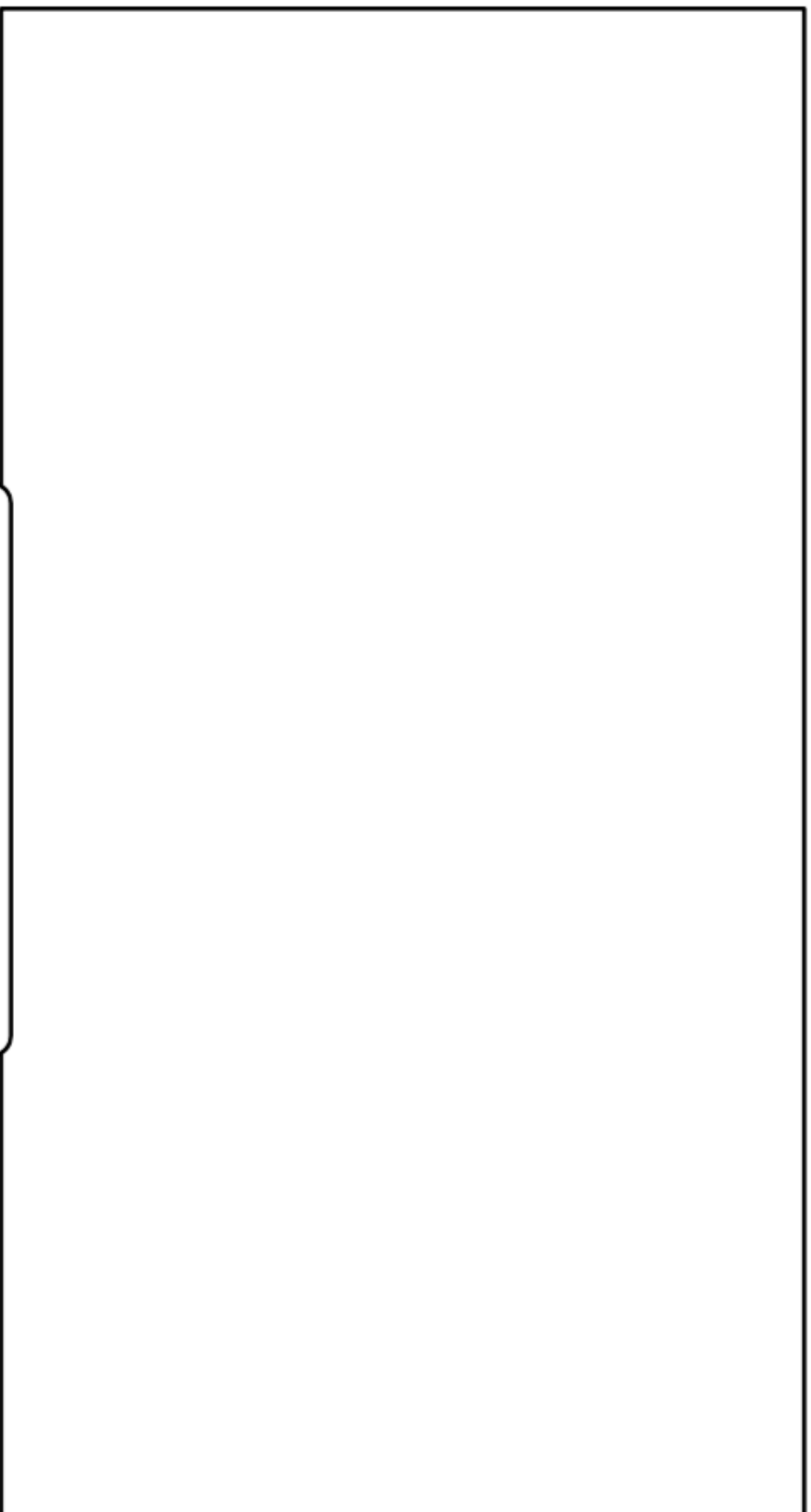
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HELPING	HURTING

**15. Draw your family tree. Write or draw a picture of each person on a leaf.**



## **20. Create a picture using only the letters from your name.**



You might want to write your name in bubble writing and decorate it or you might want to create a picture with the letters from your name.

Write a handwritten letter to someone  
you know that is isolated at home.

Post it (if possible)

Or take a photo and send it to them.

## 10,000 step challenge.

Using a step tracker or mobile phone.  
See how active you can be without going out.

Can you clock up 10,000 steps in a day?

## Make Breakfast for Everyone

Start the day off with a positive.

Make Breakfast!

Bonus points for serving Breakfast in Bed!

## Set up a virtual party

Using Zoom, Facebook Messenger, Instagram or Whatsapp  
Send invitations for the date and place and get your  
friends/family together.



This  
too  
shall  
pass

...but will never be forgotten! You are part of History.  
*Now....go and wash your hands!!!*

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